

Weight Gain and Pregnancy

Many factors are used to determine the right amount of weight to gain during pregnancy. Discuss with your doctor and keep a record of weight gained each time you visit the doctor.

Everything you eat and drink matters. Make healthy choices every day to stay healthy and have a healthy, full term baby.

- Drink water and low fat or nonfat milk.
- Eat a variety of vegetables.
- Choose whole fruit over juice.
- Use whole grain breads and cereals.
- Eat lean sources of protein foods.
- Drink and eat less sodium, saturated fat, and added sugars.

Did You Know:

Your baby can taste some of the flavors of the foods you eat during pregnancy. That's one reason to eat smart!



If before pregnancy you are...

During pregnancy you should gain...

Underweight

28-40 lbs

Normal (healthy) weight

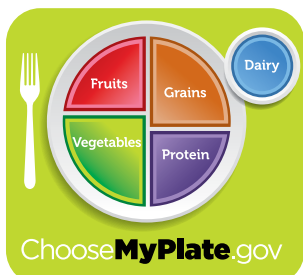
25-35 lbs

Overweight

15-25 lbs

Obese

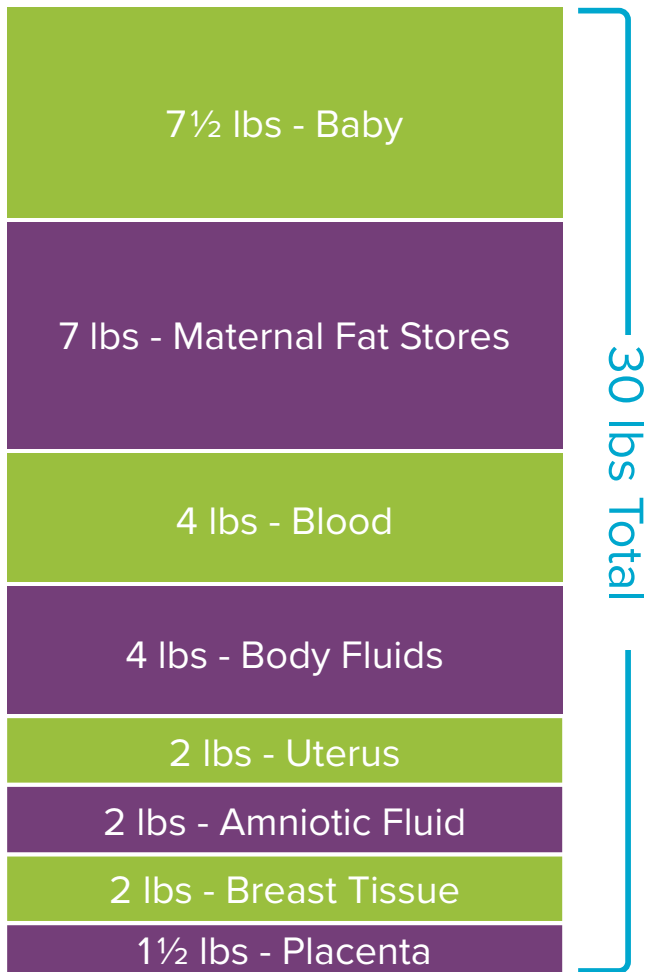
11-20 lbs



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Where Does it Go?

In addition to your growing belly, you may have noticed the rest of your body changing. Weight gained during pregnancy is not just the baby; you will have weight gain all over your body to help your growing baby. The picture shows a woman who gained a healthy amount of weight during pregnancy.



Did You Know:

At 4 months of pregnancy your baby is already growing hair, nails, and bones. Keep eating well so your baby keeps growing strong!

